

FIGS:

Mediterranean staple, they grow really well in Northern England. Eat raw or cooked.

FIGS ON TOAST:

Cut off the stalk. Cut into four but not separate pieces - so the base of the fig holds it together and you can open it like a flower. Sit the fig on a baking tray or a piece of foil. Crumble in some Lancashire or similar white cheese such as feta into the slits. Drizzle over a tsp of honey and a grind of black pepper. Put figs under the grill until the cheese melts and begins to brown. Make a piece of toast, drizzle with some oil or unsalted butter and then top with the cheesy figs and top with a few leaves of thyme or oregano. Eat! You can also do this with blue cheese, and place the figs on a bed of salad leaves dressed with oil and cider vinegar, topped with walnuts.

FIGS FOR BREAKFAST:

Overnight oats for 2.

50g rolled porridge oats, 100g natural yogurt, 1 small apple grated or diced, 50ml water, 2 figs, destalked and sliced. Pinch of cinnamon.

Mix oats, yogurt, water, apple, figs and cinnamon together in a bowl. Cover and leave in fridge overnight. The yogurt, apple and water will make the oats extra creamy. In the morning, mix again, add some more yogurt or milk if you like a looser texture, top with a drizzle of honey, fresh berries and if liked, seeds and nuts.



Wild Card

Try replacing the cinnamon for dried and ground Wood Aven's roots which have a flavour somewhere between cinnamon and cloves. Fig trees themselves often grow along canal-sides, the leaves taste like coconut and can be dehydrated as a flavouring!



EATING THE CANAL RECIPE CARDS



Eating the Canal is a project exploring the edible possibilities of The Super Slow Way Linear Park, a 20 mile stretch of the Leeds & Liverpool canal running from Blackburn to Pendle.

These recipe cards were invented when the tastebuds of a local group met with the luscious vegetables and produce at The Good Life Project, a space where therapeutic horticulture and food-growing are used to help isolated individuals in Nelson. The session was run by food campaigner, writer & cook Lucy Antal, and the cards put together in collaboration with artist & forager Hannah Fincham.

Can you add to our edible body of research by trying out these dishes, or inventing ones of your own using canal inspired ingredients? Share your creations using #eatingthecanal!

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